

# April 2018 S.T.A.R. CENTRAL Recovery Group Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 – 8:00 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:15 – 9:00 am	Nutrition Class-Jeff	Don't Sweat the Small Stuff-Carlos	Mid-week Check In-Carlos	Spanish Group-Carlos	Physical Health-Yvette	Outing Or Group
9:30 – 10:15 am	Kroc Center-Christina Food Handlers-Jeff Morning Walk-Carlos	Educational/Budgeting Outing-Carlos Ending Stigma-Len Self Esteem-Yvette	Kroc Center-Len Men's Group-Carlos Women's Group-Christina	Educational/Budgeting Outing-Yvette Recovery Games-Len	Bowling-Christina Coping Skills-Carlos New Member Orientation or Positive Affirmations-Len	Outing Or Group
10:30 – 11:15 am	Assert Yourself-Lisa (10am-11am) Kroc Center-Christina Art Expressions-Amy	Life Goals-Lisa (10am-11am) Educational/Budgeting Outing-Carlos Art Expressions-Amy	Kroc Center-Len Art Expressions-Amy Relapse Prevention-Yvette	Assert Yourself-Lisa (10am-11am) Educational/Budgeting Outing-Yvette Art Expressions-Amy	Life Goals-Lisa (10am-11am) Bowling-Christina Art Expressions-Amy	Outing Or Group
11:30 – 12:15 pm	Kroc Center-Christina Spirituality-Len Avoiding Isolation-Carlos	Educational/Budgeting Outing-Carlos Sharing Your Story-Len Coping with Addiction-Yvette	Kroc Center-Len A.N.T.S.-Carlos Healthy Recovery Topics-Tiffany	Educational/Budgeting Outing-Yvette Gratitude-Christina Money Management-Len Recovery Group-Carlos	Bowling-Christina Games Group-Len Music Appreciation-Carlos	Outing Or Group
12:30 – 1:15 pm	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores
1:30 – 2:15 pm	Karaoke-Carlos	Bingo-Yvette	Cooking Class-Christina	Clothing Closet-Len	Food Share-Christina	
2:00 – 3:00 pm	Open Art-Len Gratitude-Christina	Open Art-Christina Money Management-Len	Open Art-Yvette Current Events-Len	Open Art-Yvette Open Discussion-Christina	Open Art-Carlos Weekend Planning-Yvette	Center Closes at 2:00
3:15 – 4:00 pm	Center Closes at 3:30	Center Closes at 3:30	Center Closes at 3:30	Center Closes at 3:30	Center Closes at 3:30	



Open Computer Lab: Everyday 7:30 – 12:00, 1:30 - Close

Calendar DOES NOT represent all Community Outings.  
See [Central Community Outings](#)

## S.T.A.R. CENTRAL

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Mon-Thurs 7:30 – 3:30

Fri 7:30 – 3:30

Sat 7:30 – 2:00